



Product Spotlight: Oregano

After the Romans conquered the Greeks, they inherited oregano and were responsible for its extensive use in Europe and abroad. In time, oregano found itself on a journey from the Middle East to China.



Lamb Meatballs with Summer Risoni

Mini lamb meatballs flavoured with bright lemon zest and crushed garlic, served over a summer risoni full of colourful vegetables, lemon juice and fresh oregano.



30 minutes



2 servings



Lamb

Switch it up!

If you preferred cooked vegetables, add the cherry tomatoes and capsicum to the frypan to cook with the meatballs. Add baby spinach for last minute to wilt.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	19g	65g

FROM YOUR BOX

RISONI	125g
LEMON	1
GARLIC CLOVE	1
LAMB MINCE	300g
CHERRY TOMATOES	200g
YELLOW CAPSICUM	1
OREGANO	1 packet
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If the risoni clumps together, rinse again under cold running water before tossing with vegetables at step 5.

If desired, serve with crumbled feta cheese or shaved parmesan.

No gluten option – pasta is replaced with quinoa. Place quinoa in a saucepan, cover with plenty of water. Bring to a boil and simmer for 10–15 minutes until tender. Drain and rinse.



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1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8–10 minutes until al dente. Reserve **1/4 cup cooking liquid**. Drain risoni.



2. MAKE THE MEATBALLS

Zest **lemon** (reserve remaining lemon) and crush **garlic**. Add to **lamb** along with **salt and pepper**. Mix to combine. Form teaspoonful meatballs.



3. COOK THE MEATBALLS

Heat a frypan over medium–high heat with **oil**. Add meatballs and cook for 8–10 minutes until browned all over. Remove to a plate and reserve pan for step 5.



4. PREPARE THE INGREDIENTS

Halve **tomatoes**, slice **capsicum** and pick **oregano leaves**.



5. TOSS THE RISONI

Add risoni (see notes), **baby spinach**, tomatoes, capsicum, **reserved cooking liquid** and **1 tbsp olive oil** to reserved frypan. Squeeze in juice from **1/2 lemon** (wedge remaining). Season with **salt and pepper**. Toss to combine.



6. FINISH & SERVE

Divide risoni among shallow bowls. Top with meatballs and serve with oregano and lemon wedges (see notes).

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